



Free weekly sessions in Leyland

Lancashire Mind
7 Balfour Court
Leyland, PR25 2TF

For enquiries about this and our other services, please email:

admin@lancashiremind.org.uk
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Adult Morning Meet-Up

Every Tuesday: 10am - 11am

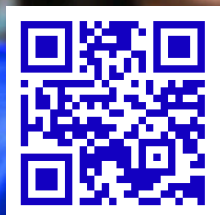
Follow on Facebook or email for session dates, as they may be subject to change.

f Lancashire Mind Community Hub

Join us at our Leyland office for some good company and a hot drink. No need to register, just turn up!

It's a great time to catch-up and share a few laughs in a friendly space.

These meet-ups are designed to help with connection and wellbeing - through a range of fun activities, quizzes, board games and more. You can make new friends, improve your wellbeing or just relax. Everyone is welcome to join us.



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